



Access Wellbeing Services

# Health and Wellbeing Calendar 2022



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# January

| Sunday | Monday                     | Tuesday | Wednesday               | Thursday | Friday | Saturday               |
|--------|----------------------------|---------|-------------------------|----------|--------|------------------------|
|        |                            |         |                         |          |        | 1<br><br>New Years Day |
| 2      | 3<br><br>New Years Holiday | 4       | 5                       | 6        | 7      | 8                      |
| 9      | 10                         | 11      | 12                      | 13       | 14     | 15                     |
| 16     | 17                         | 18      | 19                      | 20       | 21     | 22                     |
| 23     | 24                         | 25      | 26<br><br>Australia Day | 27       | 28     | 29                     |
| 30     | 31                         |         |                         |          |        |                        |

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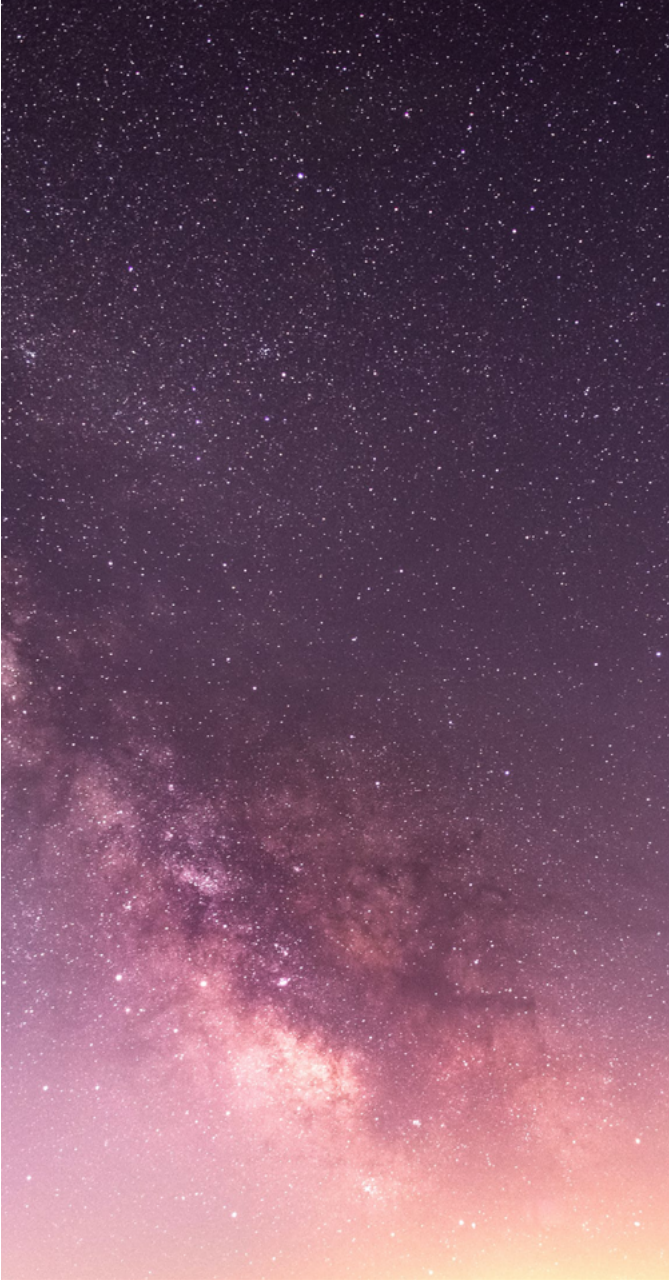
# February

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday   | Saturday |
|--------|--------|---------|-----------|----------|--|----------|
|        |        | 1       | 2         | 3        | 4<br>Wear Red Day<br>(Supporting The<br>Childrens Heart<br>Surgery Fund) | 5        |
| 6      | 7      | 8       | 9         | 10       | 11   | 12       |
| 13     | 14     | 15      | 16        | 17       | 18   | 19       |
| 20     | 21     | 22      | 23        | 24       | 25   | 26       |
| 27     | 28     |         |           |          |  |          |

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# March

| Sunday                            | Monday | Tuesday                        | Wednesday | Thursday                 | Friday | Saturday |
|-----------------------------------|--------|--------------------------------|-----------|--------------------------|--------|----------|
|                                   |        | 1                              | 2         | 3                        | 4      | 5        |
| 6                                 | 7      | 8<br>International Women's Day | 9         | 10                       | 11     | 12       |
| 13                                | 14     | 15                             | 16        | 17                       | 18     | 19       |
| National Sleep Awareness Week     |        |                                |           |                          |        |          |
| 20<br>International Happiness Day | 21     | 22                             | 23        | 24                       | 25     | 26       |
| 27                                | 28     | 29                             | 30        | 31<br>Reconciliation Day |        |          |

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# April

| Sunday        | Monday              | Tuesday | Wednesday | Thursday                                    | Friday            | Saturday                             |
|---------------|---------------------|---------|-----------|---|-------------------|--------------------------------------|
|               |                     |         |           |   | 1                 | 2                                    |
| 3             | 4                   | 5       | 6         | 7<br>World Health Day                       | 8                 | 9                                    |
| Youth Week WA |                     |         |           |   |                   |                                      |
| 10            | 11                  | 12      | 13        | 14  | 15<br>Good Friday | 16<br>Easter Saturday (Ex. QLD & WA) |
| Youth Week WA |                     |         |           |   |                   |                                      |
| 17            | 18<br>Easter Monday | 19      | 20        | 21  | 22                | 23<br>Easter Saturday (QLD & WA)     |
| 24            | 25<br>ANZAC Day     | 26      | 27        | 28<br>World Day for Safety & Health at Work | 29                | 30                                   |

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# May

| Sunday | Monday | Tuesday                           | Wednesday | Thursday                     | Friday | Saturday |
|--------|--------|-----------------------------------|-----------|------------------------------|--------|----------|
| 1      | 2      | 3                                 | 4         | 5                            | 6      | 7        |
| 8      | 9      | 10                                | 11        | 12                           | 13     | 14       |
| 15     | 16     | 17                                | 18        | 19                           | 20     | 21       |
| 22     | 23     | 24<br>Schizophrenia Awareness Day | 25        | 26<br>National Sorry Day     | 27     | 28       |
| 29     |        |                                   |           | National Reconciliation Week |        |          |
| 30     |        | 31                                |           | National Reconciliation Week |        |          |

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= Click to view the AWS video education session available online for Men's Health Week, 13th June



# June

| Sunday                       | Monday  | Tuesday                         | Wednesday | Thursday | Friday | Saturday |
|------------------------------|---|---------------------------------|-----------|----------|--------|----------|
|                              |   |                                 | 1         | 2        | 3      | 4        |
| National Reconciliation Week |   |                                 |           |          |        |          |
| 5                            | 6   | 7                               | 8         | 9        | 10     | 11       |
| 12                           | 13 <br>Queens Birthday<br>(Ex. QLD & WA) | 14                              | 15        | 16       | 17     | 18       |
| Mens Health Week             |   |                                 |           |          |        |          |
| 19                           | 20  | 21<br>International Day of Yoga | 22        | 23       | 24     | 25       |
| 26                           | 27  | 28                              | 29        | 30       |        |          |

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# July

| Sunday      | Monday | Tuesday | Wednesday | Thursday                          | Friday | Saturday                                    |
|-------------|--------|---------|-----------|-----------------------------------|--------|---|
|             |        |         |           |                                   | 1      | 2   |
| 3           | 4      | 5       | 6         | 7                                 | 8      | 9   |
| NAIDOC Week |        |         |           |                                   |        |   |
| 10          | 11     | 12      | 13        | 14                                | 15     | 16  |
| 17          | 18     | 19      | 20        | 21<br>Lifeline Stress<br>Down Day | 22     | 23  |
| 24          | 25     | 26      | 27        | 28                                | 29     | 30<br>International<br>Day of<br>Friendship |
| 31          |        |         |           |                                   |        |   |

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# August

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 1      | 2       | 3         | 4        | 5      | 6        |
| 7      | 8      | 9       | 10        | 11       | 12     | 13       |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 28     | 29     | 30      | 31        |          |        |          |

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# September

| Sunday | Monday                     | Tuesday | Wednesday | Thursday | Friday | Saturday   |
|--------|----------------------------|---------|-----------|----------|--------|--|
|        |                            |         |           | 1        | 2      | 3  |
| 4      | 5                          | 6       | 7         | 8        | 9      | 10<br>R U OK? Day & World Suicide Prevention Day |
| 11     | 12                         | 13      | 14        | 15       | 16     | 17   |
| 18     | 19                         | 20      | 21        | 22       | 23     | 24   |
| 25     | 26<br>Queens Birthday (WA) | 27      | 28        | 29       | 30     |  |

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# October

| Sunday                                 | Monday                        | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------|---------|-----------|----------|--------|----------|
|  |                               |         |           |          |        | 1        |
| 2<br>International Day of Non-Violence | 3<br>Queens Birthday (QLD)    | 4       | 5         | 6        | 7      | 8        |
| 9                                      | 10<br>World Mental Health Day | 11      | 12        | 13       | 14     | 15       |
| WA Mental Health Week                  |                               |         |           |          |        |          |
| 16                                     | 17                            | 18      | 19        | 20       | 21     | 22       |
| 23                                     | 24                            | 25      | 26        | 27       | 28     | 29       |
| 30                                     | 31                            |         |           |          |        |          |

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= Click to view the AWS video education session available online for White Ribbon Day, 25th November



# November

| Sunday                   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday               |
|--------------------------|--------|---------|-----------|----------|--------|------------------------|
|                          |        | 1       | 2         | 3        | 4      | 5                      |
| 6                        | 7      | 8       | 9         | 10       | 11     | 12                     |
| 13<br>World Kindness Day | 14     | 15      | 16        | 17       | 18     | 19                     |
| 20                       | 21     | 22      | 23        | 24       | 25     | 26<br>White Ribbon Day |
| 27                       | 28     | 29      | 30        |          |        |                        |

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# December

| Sunday              | Monday           | Tuesday                            | Wednesday | Thursday | Friday | Saturday  |
|---------------------|------------------|------------------------------------|-----------|----------|--------|---|
|                     |                  |                                    |           | 1        | 2      | 3<br>International Day of Persons with Disabilities |
| 4                   | 5                | 6                                  | 7         | 8        | 9      | 10<br>Human Rights Day                              |
| 11                  | 12               | 13                                 | 14        | 15       | 16     | 17  |
| 18                  | 19               | 20                                 | 21        | 22       | 23     | 24  |
| 25<br>Christmas Day | 26<br>Boxing Day | 27<br>Christmas Substitute Holiday | 28        | 29       | 30     | 31  |

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